



# Indian Association of Dermatologists, Venereologists & Leprologists West Bengal State Branch

# SKINTELLECT

The Official Newsletter of the IADVL West Bengal State Branch



## Issue Spotlight

- ✦ First EC Meeting & charge handover
- ✦ Derm Buzz - PDRN Skin Boosters
- ✦ Tips to Beat the Heat
- ✦ Dermatologist Spotlight: Dr. Arijit Coondoo

"Skintellect," is the online monthly newsletter of the IADVL WB, dedicated to the dynamic world of dermatology. This publication is a testament to the commitment of our members towards advancing the ever stretching horizon of the discipline, sharing knowledge, creating bonhomie and archiving our IADVL WB activities.

Volume 2, Issue 1, May 2024



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Volume 2 Number 1  
May 2024

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Permanent Invitees

All Past Presidents



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## Precisely Presidential

Dear Reader,

I am immensely pleased to write in the Newsletter of IADVL West Bengal Branch. I am very much happy that IADVL West Bengal Branch is regularly publishing a Newsletter (Skinintellect). I want to convey my sincere gratitude to Dr. Koushik Lahiri, our dynamic Past President for conceptualizing this and his continued inspiration and patronage in publishing the newsletter regularly and punctually. This newsletter will help our members to know the activities of both IADVL West Bengal Branch and National IADVL.

Best wishes to the erudite & dynamic team of 'Skinintellect'.

Warm regards,

Long live IADVL.



Dr. Sandipan Dhar  
President  
IADVL WB

Indian Association of Dermatologists, Venereologists & Leprologists  
West Bengal State Branch

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Dr. Sandipan Dhar  
President, IADVL WB



Dr. Suchibrata Das  
Honorary Secretary, IADVL WB



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## Secretary's Scribes

*Hello Members,*

*Best wishes for Eid and Bengali New year. On behalf of IADVL West Bengal, As the new Hon Secretary, I am happy to share the Volume 2, 1<sup>st</sup> edition of our monthly newsletter 'Skintellect'. We are proceeding forward for a new year from that point where we have ended last year. 'WORLD SKIN HEALTH DAY' observed on 6<sup>th</sup> April. 'DermaAdhyayan', the flagship academic endeavour of IADVL, West Bengal State Branch with an astounding success on its opening episode 'LEPROSY', is moving forward for its 3<sup>rd</sup> Episode, 1<sup>st</sup> session on 21<sup>st</sup> April. It will cover DERMATOPATHOLOGY. Doyen in dermatopathology, Prof M RAMAM and other senior speakers will honour this session. We have announced a special discount on conference registration fees for IADVL WB Members for joining DVL trust as a goodwill gesture. We are working hard to make the IJD PLATINUMCON 2024 to be held on 19<sup>th</sup> May 2024 a grand success. E-voting has now become mandatory as constitutional obligation for our association. Please log into [www.iadvl.org](http://www.iadvl.org) and register as e-voter as soon as possible. Our association office is always ready to help in need. Your whole hearted cooperation is earnestly solicited to achieve a 100% e-voter conversion in our state. This year, under the aegis of President, various academic programs have been planned. These will be introduced very soon. I am sure with your active participation all the planned academic activities planned for this year will be successful*



*Long live IADVLWB.*

*Happy Reading*

*Dr. Suchibrata Das  
Honorary Secretary  
IADVL WB*

## PlatinumCon Announcement



**As the first Dermatology Journal from India IJD will be completing 70 years of its glorious existence without changing name and home.**



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## Editors Desk

Dear Members,

Skintellect has recently completed a scintillating year and I wish to congratulate Dr. Surojit Gorai Sir for his commendable run as a founding editor of Skintellect and Joint Secretary of IADVL WB.

I am thrilled to be carrying the baton forward and stepping into the role of Editor for our esteemed monthly IADVL WB Newsletter. I wish to express my gratitude to IADVL WB EC for entrusting me with this important responsibility. It is with great honour and enthusiasm that I embark on this journey of collaboration, innovation and knowledge sharing within our community.

Through Skintellect, my team and I intend to highlight valuable updates of our association, remarkable achievements of our members and bring engaging content for our readers. This year we have a designated 'Resident's corner' where the young minds will be given an opportunity to deliberate on a relevant topic. We also have a column called as 'DermBuzz' where consultant dermatologists will help us stay abreast of the recent advances in our field. Exciting quizzes are open for all members. Lastly, we have a very special column called as 'Dermatologist Spotlight' where we interview esteemed senior dermatologists to get their valuable inputs and insights for our budding young dermats.

We shall be reaching out to our members to explore opportunities for collaboration and contribution. Please feel free to get back to us also with any ideas, suggestions and feedback you may have. I sincerely hope that with everyone's whole hearted support, we shall be able to deliver monthly newsletters that reflect the excellence and dedication of our association.

Warm Regards,



Dr. Shreya Poddar

Editor, Skintellect,

The IADVL WB Monthly Newsletter

Hony. Joint Secretary, IADVL WB

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## DERMATOLOGIST SPOTLIGHT: Dr. Arijit Coondoo

*Our Editorial Team had a hearty conversation with Dr. Arijit Coondoo, Emeritus Professor, Department of Dermatology, KPC Medical College & Hospital to get insights on his long journey in academics and leadership roles in IADVL WB.*

1. **Sir, it is an honour to have you on our page. Can you tell us about your journey in dermatology and how you became involved in leadership roles in IADVL WB ?**

- **The early years:** Thank you for giving me this opportunity to express my views and interact with my colleagues. My journey in dermatology started exactly half a century back when I enrolled as a student of DDV (as DVD or DDVL was then known) at Calcutta University. I came in contact with an amazing group of erudite teachers who were all very passionate about our fledgling association. It was they who inculcated in me a love for the association even when I was a PGT and encouraged me to join it way back in 1975. Foremost among them was my mentor Prof. Ranjit Kumar Panja and it was under his tutelage that I became a member of the Executive Committee of IADVL WB, when he was the President in 1984. Interestingly 1983-84 was a year of doldrums for IADVL WB. The activities had come to a stop and financially the branch was in the red. It was under these circumstances that I was approached by a couple of my seniors with the request to become the branch secretary. At that young age of 35, I was totally bewildered by this offer and sought the advice of my mentor. He immediately shot down the proposal "First build up your career as a practitioner and academician and then think about any administrative post in IADVL."
- **Entering the fray:** Five years later when I joined CNMC as Assistant Professor and had built up a decent practice, Prof. R K Panja advised me to get involved in IADVL matters. Hence, in 1989, I became the Assistant Editor of IJD. Since then, I have held various posts in the Association (at the state and national level) and in its journals. At the state level I have been Joint secretary (1993), Vice President (2000 and 2004) and President (2005) as well as Chairperson and member of various committees. At the National Level, I have served as Treasurer (2006-8 and Chairperson of a number of committees - Central Finance Committee (2008-2010), IADVL Academy (20010-11), SOP Committee (2012-14), IADVL Constitution Committee (20014-16 and 2018-19), ITATSA (2022-23) and IADVL Awards Review Committee (2023-2024). I have also represented IADVL in the ILDS delegates session in Seoul during WCD 2011. All these years it has been my love for discipline, for the Association and for its members which has been my beacon for work. In the process, apart for the satisfaction of working selflessly, I have gained the love and affection of my seniors, my contemporaries and my juniors. And of course I have developed a close friendship with many dermatologists in various states and cities across the country and beyond – friends with whom I continuously exchange ideas, knowledge as well as patients.
- **An appeal:** At this stage I have to emphasize one point. In an Association of more than 17000 members, we hardly have a couple of hundred odd members interested in working for IADVL. The result is that even at this senile age when I should have retired from Association activities a few years back, I am still serving as a member of various national and state committees. I would take this opportunity to appeal to younger members to come forth and take over the baton from us. In the words of Lord Tennyson let us "Ring out the old, ring in the new."





## DERMATOLOGIST SPOTLIGHT: Dr. Arijit Coondoo

### 2. *Sir, you have multiple distinguished honours and awards to your credit, what accomplishments are you most proud of?*

- **My students:** I have been a teacher for the past 44 years and for me, the greatest accomplishment has been to nurture students who have themselves moved on in life to become some of the most distinguished luminaries of dermatology. Nothing is more satisfying for a teacher than to bask in the glory of his pupils' accomplishments.
- **TSDF:** As a clinician I, along with my student and colleague, Dr. Koushik Lahiri, started a crusade in 2006 against Topical steroid abuse. We described an entity which we christened as "Topical steroid damaged/dependent face"(TSDF). We later published this as a concept article. (Lahiri K, Coondoo A. Topical Steroid Damaged/Dependent Face: An entity of Cutaneous Pharmacodependence. Indian J Dermatol 2016; 61930;265-272).
- **Orations:** My campaign against Topical steroid abuse has continued unabated for almost two decades now and has been the subject of two orations – the IADVL Oration at DERMACON 2015 and the RK Panja oration at DERMAZONE/CUTICON WB 2015. The intense campaign has, at the least raised the level of awareness about the menace among doctors and patients by quite a few notches and that has been a major accomplishment for both my fellow crusaders and me. It would also not be out of place here to mention about another oration delivered by me under the aegis of IADVL WB in 2011 -the AK Datta oration on Vitiligo.
- **Awards:** I have been fortunate enough to receive two IADVL Lifetime Achievement Awards – from the National IADVL in 2017 and from IADVL WB in 2022. Along with this I have also received the Ratan Singh award in 2013 and IADVL President's appreciation awards (2007, 2011 and 2014).

### 3. *The world of dermatology is evolving continuously. How do you stay abreast with the advances and changes in dermatology?*

- I passed my MD 45 years back. Since then new diseases have been discovered (even HIV came after that), new medicines have been introduced and new procedures including Dermatotomy, Lasers and other aesthetic procedures have been introduced. Perforce, I had to stay abreast to keep floating in this vast ocean of dermatology.
- My principal means of doing so is my interaction with my students. Fortunately I have been a teacher since 1980 and this has given me a vast opportunity to learn from my students while teaching them.
- I have been learning profusely from my colleagues too - as a member of various academic groups such as RxDerm and Acad\_IADVL. From 1998-2010 I was a member of a group known as GSKAFFORD which comprised of all the who's who of the dermatology academia of the country. Recently I have been learning from two whatsapp groups - Interventional dermatology and Acad Indian dermatology
- Apart from these there are the CMEs and Conferences as well as the various offline journals and textbooks and the online educational aids such as emedicine and DermnetNZ.

### 4. *Having a work-life balance is quite crucial these days. What are your hobbies and interests beyond dermatology.*

- **Music:** I have always been a music addict - Rabindrasangeet, Hindi songs of the 60s and 70s and also some old time western music being my favourites.

## DERMATOLOGIST SPOTLIGHT: Dr. Arijit Coondoo

- **Sports:** As a sports enthusiast (mainly football and cricket) I have always been attracted by the radio commentaries (in the earlier days) and the telecasts during the past 40 years.
- **Others:** Reading books, mainly fictional paperbacks has been a hobby since childhood. But since the advent of mobile online games my leisure time is majorly occupied by online games such as Scrabble, Sudoku and recently the New York Times Wordle. Incidentally some of us dermatologists across the country with interest in wordle have started a whatsapp group named “Derma Wordle World” and through this column I would like to invite any dermatologist who is a wordle enthusiast to join this group.

### **5. You have taught young minds for a long time now, what advice would you give to our budding dermatologists regarding rational practice and ethical conduct within the medical fraternity?**

- As a young dermatologist about to start my medical practice I was given a sage advice by a very senior dermatologist, “Don't run after practice; let practice run after you”. Much later, after my practice flourished did I comprehend the real meaning of these words. Basically it was the concept of Karma. Your job is to do your work sincerely following the ABC (Availability, Behaviour and Competence) rule. By following these only will you be able to satisfy your patients. One satisfied patient will bring in ten more and that is the only way your practice will grow; not through touts, commissions or advertisements in the social media. However, the converse is that dissatisfied patients can pull down your practice in a jiffy.
- Also, please refrain from criticizing any of your colleague's prescriptions in front of patients or publicly. Not only is that ethically incorrect but it will boomerang on your face. Finally, practice has its ups and downs. Don't get overwhelmed or downcast by either - deal with both absolutely professionally. Remember that the law of averages will ensure that you will have a steady practice provided you follow the ABC rules.





## DERMBUZZ : PDRN Skin Boosters

*Dr. Ishad Aggarwal*

*Senior Consultant Dermatologist, Wizderm, Kolkata*

“Skin booster” is a term widely used to describe products that are injected into the dermis to improve the extracellular matrix and consequently the quality of skin. Traditionally hyaluronic acid has been the major ingredient of these skin boosters, however scientific innovations in medical aesthetics have discovered many new ingredients to enhance the quality of skin. One of these are the PDRN skin boosters.

As the name suggests, PDRN refers to poly-deoxyribonucleotide. It consists of DNA fragments derived from the sperm cells of *Oncorhynchus mykiss* (salmon trout) or *Oncorhynchus keta* (chum salmon). The chemical structure of PDRN consists of low molecular weight DNA ranging from 50 to 1 500 kDa. It is composed of a linear polymer of deoxyribonucleotides with phosphodiester linkages in which the monomer units are represented by purine and pyrimidine nucleotides.



Skin aging is a complex process that involves both extrinsic and intrinsic aging. Intrinsic aging is due to reactive oxygen species (ROS) which reduces the ability of extracellular matrix to produce collagen and elastin, decreases expression of matrix metallo-proteinases and reduces dermal fibroblasts. Extrinsic aging is mainly due to UV exposure which causes increased production of ROS and increases DNA damage.

PDRN exerts its effects by two main mechanisms:

- Adenosine A2a Receptor
- Salvage pathway of DNA synthesis

The activation of A2A receptors inhibits the NF- $\kappa$ B and MAPK signaling pathways, which are activated by ROS. Blocking the NF- $\kappa$ B pathway inhibits the release of several pro-inflammatory cytokines and stimulates the release of anti-inflammatory cytokines. The nucleotides derived from PDRN provide purines and pyrimidine rings for the “salvage pathways.” Salvage pathways help recover bases and nucleosides generated from DNA and RNA degradation, convert them back to nucleotides, and finally reincorporate them into DNA. PDRN contributes to DNA formation by generating nucleotides and nucleosides; this reactivates normal cell proliferation and growth patterns, leading to a faster tissue regeneration and wound healing.

Role of PDRN in skin rejuvenation:

- Increased collagen production
- Anti-inflammatory effect
- PDRN has near-miraculous tissue-repair properties. It can improve the skin repair process by markedly increasing the expression of the vascular endothelial growth factor (VEGF), a master regulator of angiogenesis.
- PDRN Inhibits Tyrosinase activity. Therefore, it inhibits melanogenesis.
- Promotes DNA synthesis.

Commercially available PDRN:

Most commercially available PDRN comes in vials which can contain up to 10ml of viscous transparent liquid which can be loaded on smaller 1ml syringes and then can be injected in the dermis. Some of the companies also add varying concentrations of hyaluronic acid to improve hydration of the skin.

## DERMBUZZ : PDRN Skin Boosters

### Method of injections:

Upto 3-4 ml of product can be injected on the entire face. The injection depth is intradermal. Tiny micro-boluses are generally injected, spaced out from each other to cover the entire face. Smaller boluses are preferred in areas like under eyes. The boluses diffuse and merge inside the skin within a few hours. about 3-4 sessions 15-30 days apart are recommended for long lasting outcomes.

### Side effects:

Bruising, redness and swelling under the eye are commonly observed side effects. No serious side effects have been reported.

### Common indications

- Skin rejuvenation, brightness and skin quality enhancement
- Fine lines and wrinkles
- Hyperpigmentation
- Scar correction.
- Wound healing

As of now, PDRN looks promising. It is less expensive than Hyaluronic acid skin boosters and has an excellent tolerability profile. It is a relatively easy to do procedure with minimal downtime. Since it promotes tissue regeneration and biorevitalisation, it is in true sense an anti-aging treatment which should be a part of our armamentarium to defy age and enhance beauty.



## RESIDENT'S CORNER: Beat the Heat

Dr. Titli Ghosh

2<sup>nd</sup> year PGT, School of Tropical Medicine

Summer is here! While the bright sunny rays may shine down upon us, they can sometimes be brutal to our health. Extreme heat can cause plethora of skin problems like sunburn, heat rash & also aggravate other skin diseases. The hottest season of the year requires extra care of our skin while we enjoy the summer holidays.

### **SUMMER ISSUES:**

There is increased intensity & duration of UV rays, infrared exposure due to trapped geoheat inside home. Along with it, there is also increased transepidermal water loss, increased use of air conditioner(not appropriate humidifier).

As the heat and humidity increases, the sebaceous glands tend to produce excess sebum which lead to stickiness, grease & blocked pores.

For protection of skin from sun damage, there is increased production of melanin(photo-protective properties), resulting in tanning and pigmentation.



### **SKIN CONCERNS:**

- Increased pigmentation, sun tan, melasma, freckles etc.
- Increased photoageing (dehydration, avoidance of moisturisers & sunscreen)
- Miliaria, Sweat dermatitis
- Cholinergic urticaria, Heat contact urticaria
- Acne
- Fungal infections
- Folliculitis
- Photo contact dermatitis
- Polymorphic light eruption(PMLE)

### **SKIN CARE:**

#### **Dos**

- ✓ Increased daily intake of water (min 2-3 lts)
- ✓ Use cotton clothings
- ✓ Change clothes immediately after work outs
- ✓ Skin folds should be kept dry
- ✓ Increased intake of fresh fruits, vegetables, coconut water
- ✓ Regular bathing in clean water & use PH balanced soaps
- ✓ Alternate day hair wash with gentle shampoo (Sodium lauryl sulphate, sodium laureth sulphate free)
- ✓ Calamine lotion for miliaria & topical steroid for PMLE can be used

#### **DON'Ts**

- ✗ Avoid prolonged exposure of heat & accumulation of sweat
- ✗ Avoid excessive scrubbing
- ✗ Avoid junk foods
- ✗ Avoid heavy makeup
- ✗ Avoid spraying perfumes directly on skin in summer

## RESIDENT'S CORNER: Beat the Heat

### TYPES OF SKINCARE PRODUCTS TO BE USED IN SUMMER:

#### 1. MOISTURISER-

- ✓ Fragrance free gel based (feels light on skin) for oily skin
- ✓ Lotions for dry skin
- ✓ 1-2 times a day depending on need

#### 2. SUNSCREEN-

- ✓ Gel based, SPF 30 is enough (higher SPFs are thick & heavy on skin)
- ✓ Repeat every 2hrs during outdoor activities
- ✓ Use both indoor & outdoor
- ✓ Last layer of skin care

#### 3. FACE WASH-

- ✓ DRY SKIN: Lactic acid based facewash, Gentle cleanser
- ✓ OILY SKIN: Salicylic acid based facewash
- ✓ Soaps are better to be avoided as they are alkaline & also harsh surfactants like methanol or alcohol, sodium lauryl sulphate should be avoided.

So, there is a need for proper skin care routine as a first line of defence no matter what type skin we have & also hydration & sun protection is the key in summer. Following all these instructions properly, we can greet this summer season with a healthy and bright skin.



## Proceedings of the 1<sup>st</sup> meeting of the Executive Committee of IADVL W. B. State Branch held on 4<sup>th</sup> April 2024 at the Association office, for the year 2024-25

**Members Present:** Dr. Sandipan Dhar, Dr. Suchibrata Das, Dr. Sudip Das, Dr. Kingshuk Chatterjee, Dr. Subhamoy Neogi, Dr. Arindam Sett, Dr. Aniruddha Ghosh, Dr. Satyendra Nath Chowdhury, Dr. Saumya Panda, Dr. Saurabh Kumar Dhara, Dr. Arun Achar, Dr. Sujata Sengupta, Dr. Anupam Das, Dr. Indrashis Podder, Dr. Santa Ghosh, Dr. Dipayan Sengupta, Dr. Koushik Lahiri, Dr. Shreya Poddar, Dr. Chinmoy Kar, Dr. Abhijit Saha, Dr. Somenath Sarkar, Dr. Nilendu Sarma.

Dr. Sandipan Dhar, President took the chair and called the meeting to order.

### Agenda-1: Confirmation of the proceedings of the last Executive Committee meeting held on 21/03/2024.

The proceedings of the last Executive Committee meeting of IADVL WB State Branch on 21/03/2024 were read and confirmed unanimously.



### Agenda-2: Welcome Address by the President.

Dr. Sandipan Dhar, President welcomed the members of the new Executive Committee and expressed his thanks to the members.

### Agenda-3: Mission & Vision by the Hony. Secretary.

Dr. Suchibrata Das, Hony. Secretary placed his Mission & Vision to the members. The details are given below:

#### Vision-

To create a better tomorrow and beyond

#### Mission-

- We will strive to uphold the high traditions of IADVL and strive to enhance its prestige.
- To continue all the previous ongoing projects of IADVL, WB.
- To organize Skin health camps at Correction home visit, orphanage, old age home, schools, red light area and amongst high risk group with their organizations. Also, involve our senior members while stressing on the importance of subjects like Geriatric Dermatology and Paediatric Dermatology.
- To organize hybrid clinical meetings to connect all medical colleges in West Bengal.
- Target to achieve 100% e-Voter.
- To continue rare disease registry with addition of dermatomyositis, epidermolysis bullosa and other immuno bullous diseases and deep fungal and mycobacterial infections.

### Agenda-4: Report on -

#### ● Outstanding Dues of conferences/CMEs & CUTICON WB 2023

Dr. Suchibrata Das, Hony. Secretary informed that till date the association owes some due amounts from few pharmaceutical companies for conferences & CMEs. Dr. Sudip Das immediately had a talk with the executives of those companies and they assured that the outstanding amounts will be released at the earliest.



## Proceedings of the 1<sup>st</sup> meeting of the Executive Committee of IADVL W. B. State Branch held on 4<sup>th</sup> April 2024 at the Association office, for the year 2024-25

### ● Statements of Nodal Executives

Dr. Suchibrata Das, Hony. Secretary placed some changes of Nodal Executive List for the year 2024:

Academic	Sudip Das, Abhishek De
Website: Digital Team	Kingshuk Chatterjee, Dipayan Sengupta
Finance	Satyendra Nath Chowdhury, Indrashis Podder
Constitution	Pradip Laha, Kingshuk Chatterjee
SOP	Manabbrata Majumder, Siddhartha Das
Travel & Cultural	Nilendu Sarma, Sujata Sengupta
Newsletter (Skintellect)	Shreya Poddar
PLM to LM	Aniruddha Ghosh, Anupam Das
Community Derma Project	Somenath Sarkar
Senior Support	Santa Ghosh
Practice Management Cell	Rajib Roy
Registry Database	Nilay Kanti Das
Social Media Cell	Subhamoy Neogi, Indrashis Podder
Anti Quackery Cell	Sudip Das
Bengali Webzine (স্বকবাবিয়ার দরবার)	Sharmistha Das
Women's Dermatology Forum	Shreya Poddar
DVL Trust	Kingshuk Chatterjee

The member accepted unanimously

### ● Activities of Sub Branch/Combined District Chapter

Nothing discussed

### ● To place statement of account for the month of March

To be discussed later.

### ● DermaAdhyayan Webinar

Dr. Suchibrata Das, Hony. Secretary informed that we will be organizing 3rd DermaAdhyayan Webinar on 21st April, 2024 on the topic Dermatopathology.

### ● Status of DVL Trust

Dr. Suchibrata Das, Hony. Secretary placed the status of DVL Trust. 34 members have enrolled in DVL Trust till now from our State Branch. President proposed the we have a stall at MID CUTICON WB 2024 & CUTICON WB 2024 to enroll our members for DVL Trust. It was also decided that as a goodwill gesture for our beloved members for enrolling in DVL Welfare Trust, they will be entitled to receive a flat 50% discount on the registration fees of MID CUTICON WB and CUTICON WB, on submission of the DVL Welfare Trust receipt, Such discount will be applicable for those who join on or after 1 April 2024 and will be valid till the starting of CUTICON WB 2024 Spot registration. No discounts will be provided for spot registration. All the members have given it a nod.

### ● Status of E-voter

Dr. Suchibrata Das, Hony. Secretary placed the status of E-voter. 326 members have enrolled as E-voter till now from our State Branch. President Proposed we have a stall at MID CUTICON WB 2024 & CUTICON WB 2024 for



## **Proceedings of the 1<sup>st</sup> meeting of the Executive Committee of IADVL W. B. State Branch held on 4<sup>th</sup> April 2024 at the Association office, for the year 2024-25**

enrollment of E-voter and also decided that Dr. Aniruddha Ghosh & Dr. Subhamoy Neogi will look after this matter by supervising the staffs at IADVL WB Stall during conference.

### **Agenda-5: Discussion regarding**

- **MID CUTICON WB 2024**

Nothing was discussed

- **CUTICON WB 2024**

Nothing was discussed.

- **Indian Journal of Dermatology**

Nothing was discussed.

- **IADVL WB Book Proposal (Author Share Distribution)**

Dr. Suchibrata Das, Hony. Secretary informed that we have received a mail from Jaypee Brothers to send them the details of the contributors. Dr. Sudip Das brought to light that 3 Books have already been done, the details of which are pending and are yet to be submitted by Dr. Anupam Das. After discussion, the members decided that the author's timeline for submission of chapters will be reduced from 90 days to 45 days.

- **IJD Platinum Jubilee (IJD PlatinumCon 2024-25)**

Dr. Sandipan Dhar, President informed the members that the invitation has already been sent to the faculties and all the members. The expected number of participants is 200 delegates. 15 to 16 guest faculties have agreed to participate and 18 to 20 Pharma companies will be sponsoring. Mr. Tapas Kayal will be in contact with the guest Faculties to know their preferred timing to book the flight tickets. President also informed that some of the pharma companies will be paying the sponsorship amount within 15th May, 2024. The members accepted all.

- **Website**

Dr. Dipayan Sengupta informed the members that we have been facing some technical problems in updating our website, We need to discuss with the website vendor physically to sort out all pending glitches

regarding the website, but they have been unable to give time to meet us, So, the problems are still persisting. After long discussion the members decided that we hold their bills in future until they sit for a physical meeting.

- **BiswaDerma (An International Virtual Conference)**

Hony Secretary informed the members that we have organized an International virtual Conference named VISWADERMA and the programme is of 1 and ½ days duration. The date has been fixed on 07th & 08th September, 2024. The Registration Amount is fixed of Rs. 1000 for local Delegates & 25 US Dollar for International Delegates. The Registration will be complimentary for Faculty. We will be creating the virtual platform by our website vendor (Mediknit Technologies Pvt. Ltd.). President proposed the name of Dr. Sudip Das as Organising Secretary & Dr. Saumya Panda as Scientific Chairperson. The members accepted it.

- **SIGs of 2024**

Dr. Suchibrata Das, Hony. Secretary informed that we have received a mail from IADVL Academy to select minimum 3 topics for organizing SIG CME's in the year 2024. Dr. Sudip Das, Academy Chairperson, selected 4 topics as their local co-ordinator and proposed Dr. Ishaad Agarwal for Aesthetics & Injectable, Dr. Kisalay Ghosh for Dermatopathology, Dr. Indrashis Podder for Pruritus & Dr. Sujata Sengupta for Female Genital Disease. The members accepted the proposal.



## **Proceedings of the 1<sup>st</sup> meeting of the Executive Committee of IADVL W. B. State Branch held on 4<sup>th</sup> April 2024 at the Association office, for the year 2024-25**

### **Agenda-6: Miscellaneous.**

- **DERMACON 2027**

Dr. Suchibrata Das, Hony. Secretary informed that we have received a resignation from Dr. Abhishek De as the Organising Secretary of DERMACON 2027. The members accepted the resignation. Dr. Suchibrata Das proposed the name of Dr. Sudip Das as Organising Secretary and Dr. Sandipan Dhar as Organising Chairperson for DERMACON 2027. The members accepted the proposal and referred to General Body Meeting for final approval. The member have fixed the date of Special General Body Meeting on 25th April 2024.

- **Free access to Journal (Coordinators for E-Journal)**

Dr. Suchibrata Das, Hony. Secretary informed that we have received a mail from IADVL Central to select two coordinators for accessing the E journal. After discussion the members decided that, Hony. Secretary of IADVL WB & Dr. Manas Chatterjee, Editor-IJD will be the coordinators.

- **World Skin Health Day (06th April, 2024)**

Dr. Suchibrata Das, Hony. Secretary informed that the World Skin Health Day will be observed on 06th April, 2024 in all medical Colleges.

- Dr. Saumya Panda informed that Dermatopathology Society of India (DSI) wants to become the co-owner of Indian Journal of Dermatopathology & Diagnostic Dermatology (IJD PDD) with IADVL, WB. The Journal has expenses of Rs. 500000/- per annum and if we agree to be co-owner with them, we have to pay 50% of the expenses i.e. Rs. 250000/year. The members decided that we already have outstanding payment to Medknow of Rs. 23 lac approx, so we can't bear any financial burden. Dr. Sandipan Dhar assured that he will collect the expenses of this Journal for 5 years from pharma company. The members decided that if we do not have any financial burden then it will be accepted. The members also decided that we need scrutiny of their MOU which will be favorable at our end. Dr. Saumya Panda & Dr. Sandipan Dhar will be looking after this matter.

As there was no other agenda, meeting ended with vote of thanks to the chair.



## **Proceedings of the Special General Body meeting of IADVL W. B. State Branch held on 25<sup>th</sup> April 2024 at the Association office, for the year 2024-25**

**9 Members were present.**

*Due to lack of quorum the meeting was adjourned till 3.00 pm and resumed.*

*Dr. Sandipan Dhar, President took the chair and called the meeting to order.*

**Agenda – 1 : To discuss regarding bidding of DERMACON 2027.**

*Dr. Suchibrata Das, Hony. Secretary informed that we have received a resignation from Dr. Abhishek De as Organising Secretary of DERMACON 2027. The members accepted the resignation. Dr. Suchibrata Das proposed the name of Dr. Sandipan Dhar as Organising Chairperson, Dr. Sudip Das as Organising Secretary, Dr. Satyendranath Chowdhury as Treasurer and Dr. Manas Chatterjee and Dr. Saumya Panda as Scientific Chairpersons for DERMACON 2027. The members unanimously accepted the proposal.*

**Agenda – 2 : Miscellaneous.**

*Dr. Sudip Das proposed the name of Dr. Shreya Poddar as a Joint Secretary of IADVL WB for the year 2024-25 in place of Dr. Anupam Das due to his resignation. The G B has permitted to allow her to hold the post of Joint Secretary for the year 2024-25 and she accepted.*

*As there was no other agenda to discuss, meeting ended with vote of thanks to the chair.*



## Proceedings of the Emergency meeting of the Executive Committee of IADVL W. B. State Branch held on 25<sup>th</sup> April 2024 at the Association office, for the year 2024-25

**Members Present:** Dr. Sandipan Dhar, Dr. Suchibrata Das, Dr. Sudip Das, Dr. Kingshuk Chatterjee, Dr. Subhamoy Neogi, Dr. Aniruddha Ghosh, Dr. Indrashis Podder, Dr. Shreya Poddar, Dr. Rathindra Nath Dutta, Dr. Sujit Ranjan Sengupta, Dr. Animesh Biswas, Dr. Manas Chatterjee.

Dr. Sandipan Dhar, President took the chair and called the meeting to order.

The members stood in silence for 1 minute to show respect to the departed soul of Dr. Pankaj Kr. Das and prayed to the Almighty for his eternal peace.

### Agenda-1: Discussion regarding the proposal about conducting the CMEs from IADVL Central.

- Dr. Suchibrata Das, Hony Secretary informed the members that we have received a mail from IADVL Academy to organize SIG Aesthetics Hands on Workshop in the year 2024. After discussion the members decided that the local Co Ordinator is Dr. Dinesh Kumar Hawelia and the members fixed the date on 23rd June, 2024. The members also decided that we will be inform the decision to Dr. Rajat Kandhari, Coordinator, SIG Aesthetics 2024.
- Dr. Suchibrata Das, Hony Secretary informed the members that we have received a mail from IADVL Academy to organize Post-Graduate Procedural Dermatology Training Workshop (PGPDT). He informed that he already discussed with some HODs of medical colleges to organize this workshop but no one agreed. After long discussion Dr. Aniruddha Ghosh proposed that he will discuss this matter with his HOD of Jagannath Gupta Institute of Medical Sciences and Hospital, Budge Budge. The members decided that this matter will finalise after the confirmation from Dr. Aniruddha Ghosh.

### Agenda-2: Miscellaneous.

- Dr. Suchibrata Das, Hony Secretary informed the members that we have received a proposal from North Bengal District to organize a CME on A discussion on novel therapeutic options for the management of melasma on 22nd May 2024 at Hotel Sinclair, Siliguri. Eris Oaknet Healthcare Limited has agreed to sponsor this CME and they will pay RS. 15000/- plus GST as royalty to IADVL WB. The members accepted the proposal.
- President proposed that we need to apply for CME credit hours for IJD PlatinumCon 2024. The members accepted the proposal.
- Dr. Suchibrata Das, Hony Secretary informed the members that MID CUTICON WB 2024 committee proposed Dr. Dipankar De as the Orator of B. C Lahiri Memorial Oration for the year 2024. Dr. Sudip Das, Academy Chairperson informed that the Academy Committee also approved the proposal. The members accepted the proposal. Dr. Animesh Biswas also informed that the rooms booking for organisers including treasurer was already done. M/s Palsons Derma has agreed to sponsor the faculty dinner on 29th June, 2024.

As there was no other agenda, meeting ended with vote of thanks to the chair.



## Monthly Clinical Meeting of IADVL WB on 30/04/2024 at R G Kar Medical College & Hospital, Kolkata

*It was brilliantly conducted under the mentorship of Prof Dr Sudip Kumar Ghosh, Dr Jayasri Das Pramanick and Dr Ayan Samanta. Varied type of cases were presented and discussed by Drs Bhaskar, Sweta, Shinjon, Sharmistha, Joheb, Malay Sankar, Arka, Benugopal, Nazish and Anarul*

*Following cases were discussed:*

- Subcutaneous panniculitis-like T-cell lymphoma (SPTCL)
- Lupus panniculitis
- Familial dyskeratotic comedones
- Pellagra
- Nodular Vasculitis
- Woolly hair nevus syndrome
- Nevus sebaceous with chondroid syringoma
- Epidermal nevus with folliculitis
- Verrucous hemangioma
- Ramsay hunt post varicella
- Perforating folliculitis
- Sjogren Larsson syndrome
- Cutaneous rosai dorfmann
- Chronic mucocutaneous candidiasis
- Perianal BCC
- LMDF
- SCC over finger
- Xanthoma disseminatum
- Pilonidal sinus
- Porokeratosis ptychotropica
- Childhood BT leprosy with type 1 reaction

*The meeting was well attended by faculties from other medical colleges like Dr Kishalay Ghosh and Dr Kingshuk Chatterjee and PGTs from different medical colleges.*



## World Skin Health Day

World skin health day was celebrated in Dermatology Department of all medical colleges of West Bengal with the aim of increasing awareness towards healthy skin and decreasing the social stigma towards skin diseases.



6<sup>th</sup> April 2024  
**WORLD  
SKIN HEALTH DAY  
2024**

“My Skin Health, My Right”



## Webinar on DERMA Adhyayan

The 3<sup>rd</sup> episode of Derma Adhyayan conducted on 21<sup>st</sup> April from 8.30-10.45PM was a grand success! After a warm welcome by Dr. Sudip Das, Dr. Sandipan Dhar and Dr. Dinesh Havelia, this episode focussing on Dermatopathology kicked off with an enlightening lecture by Dr. Nand Kumar Gopinath on "Unraveling The Basement Membrane for Dermatological Diseases". The momentum was carried forward by Dr. Manoj Singh's wonderful talk on "Demystifying Granulomas in Dermatology". The evening ended with a Case Based Discussion moderated by Dr. Subhra Dhar, where esteemed panellists Dr. Nand Kumar Gopinath, Dr. Manoj Kumar Singh, Dr. Saurabh Singh, Dr. Sisir Das and Dr. Biswanath Behra untangled the knots of puzzling cases. We look forward to bringing more opportunities to "Learn. Unlearn. Relearn." In the future. This episode is now available on youtube: [<https://www.youtube.com/watch?v=Si0z8y4J5ws>].

Stay tuned for the next Webinar on 26<sup>th</sup> May 2024 on Acne.

## IADVL WB ACADEMY PRESENTS Derma Adhyayan

Learn. Unlearn. Relearn.



## Quiz Zone

1



CRACK THE SYNDROME CODE!

2



CA LUNG PATIENT ON EGFR INHIBITOR COMES WITH THIS! NAME THE DRUG!

3



MEXICAN LEPER AND HIS MUFFIN!

4



SWOLLEN GUMS AND SCALY LEGS- DENTISTRY+DERMATOLOGY!

Kindly send your entry to [iadvlwb@gmail.com](mailto:iadvlwb@gmail.com) with 'Skintellect Quiz' as subject.

The first correct response of each month gets acknowledged in the next issue.

Send your entries now!

Good luck from Team Skintellect.





# SKINTELLECT

The Official Newsletter of the IADVL West Bengal State Branch

Volume 2 Number 1  
May 2024

## IJD<sup>®</sup> Platinum CON 2024-25



19<sup>th</sup> of May 2024  
(9 am - 5 pm)  
Hotel The Park, Kolkata

For Registration Visit

<https://iadvlwb.register.acad360.com/ijd-platinumcom-24>

### Program Schedule

#### TIME

#### TOPIC

09.00-09.05 am Introduction and theme  
09.05-10.30 am Reviewers' workshop

10.35-10.50 am The Journey of Indian Journal of Dermatology  
10.55-11.10 am Zinc responsive acral hyperkeratotic dermatoses  
11.15-11.30 am Hand foot mouth disease: interesting report  
11.35-11.50 am Screening for latent tuberculosis in psoriasis patients for biologics

11.55-12.10 pm Topical Antibacterials in Dermatology  
12.15-12.30 pm Unusual and interesting nail disorders  
12.35-12.50 pm Newborn skin care  
12.55-01.10 pm PKDL: current unmet needs

01.15-01.30 pm Clinico-epidemiologic attributes of PLHA patients  
01.30-02.00 pm **Lunch**  
02.00-02.15 pm Medical ethics: what we need to know  
02.20-02.50 pm Panel discussion:  
How can editorial teams improve standard of dermatologic publishing in India

02.55-03.10 pm Dermatoses due to Indian Cultural Practices  
03.15-03.30 pm Childhood cutaneous mastocytosis  
03.35-03.50 pm Purpura fulminans and its spectrum disorders  
03.55-04.10 pm Mudi Chood  
04.15-04.30 pm Foot dermatitis: an update  
04.35-04.50 pm DeASI score in dermatophytosis  
04.55-05.10 pm Pediatric psoriasis: update on management  
05.10-05.30 pm Open House

#### FACULTY

Manas Chatterjee  
Saumya Panda  
Anupam Das  
Indrashis Poddar  
Koushik Lahiri  
Abhishek De  
Nilendu Sarma  
Swetalina Pradhan

DM Thappa  
Kingshuk Chatterjee  
Sandipan Dhar  
Nilay Das  
Vikram Mahajan

Nilay Kanti Das

#### Moderator

Manas Chatterjee

#### Panelists

Saumya Panda  
KA Seetharam  
Brijesh Nair  
Arijit Coondoo  
Divya Gupta  
Rashmi Sarkar  
Sudip Ghosh  
Abhay Mani Martin  
Indrashis Poddar  
Anupam Das  
Sudip Das  
All faculty

#### Conference Team

Patrons: Sanjay Ghosh, Dwijendra Nath Gangopadhyay

#### Organising Committee

Advisor Koushik Lahiri  
Chairperson Sandipan Dhar  
Secretary Abhishek De  
Treasurer Indrashis Poddar  
Chief Co-ordinator Suchibrata Das  
Kingshuk Chatterjee

Members  
Abhijit Saha  
Barnali Chowdhury  
Deblina Bhunia  
Joyeeta Chowdhury  
Surajit Gorai  
Partha Mukhopadhyay  
Sanjay Rathi  
Sayantani Chakraborty  
Somodiyuti Chandra  
Somenath Sarkar

#### Scientific Committee

Advisor Sudip Das  
Chairperson Manas Chatterjee  
Secretary Anupam Das  
Members Saumya Panda  
Sudip Kr. Ghosh  
Nilay Kanti Das  
Nilendu Sarma  
Aarti Sarma

#### REGISTRATION FEES

Category	Upto 30/04/2024	After 30/04/2024
Life Member	Rs. 2000/-	Rs. 3000/-
PG Student	Rs. 1000/-	Rs. 3000/-





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Indian Association of Dermatologists, Venereologists & Leprologists  
West Bengal State Branch

## বিশ্ব বেরল An International Webinar Bengal Dermatology Beckons the World

7<sup>th</sup> & 8<sup>th</sup> September 2024



For Registration Visit  
<https://iadvlwb.org>

